

Claudia Micco



## Grounding and Centering the Anxious Mind

Over long periods of time, stress, anxiety and uncertainty can create a variety of physical tensions and emotional conflicts in the body. Learn how to use expressive exercises to create memorable sessions for your clients and practical training to enhance your teaching skills. Participants unleash their creativity through specific movements to release tensions in the body and stress in the mind.

Course Objectives:

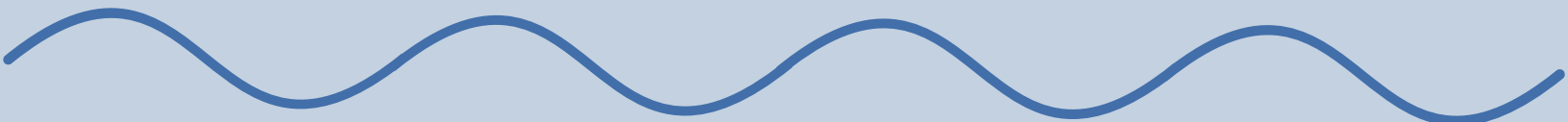
1. Students will learn and define stress (mental & physical).
2. Students will learn and define the effects of emotions on the physical body.
3. Students will learn and define communication, affirmation, & autosuggestion.
4. Students will learn and practice bioenergetic exercises based on the work of Dr Alexander Lowen.

## Two Heads Are Better Than One

Participants will gain a basic understanding of the right and left hemispheres of the brain and how the brain affects mood, coordination, rhythm, and timing. Right/Left brain exercises will increase creativity, balance, and the ability to move on demand. In addition, instructors will improve teaching skills, and students will enhance workout performance.

Course Objectives:

1. Students will learn and define right and left hemispheres of the brain, the associated properties.
2. Students will define corpus callosum and cross crawl theory as they apply to learning and development.
3. Students will define coordination, agility, rhythm, and timing with and without music.
4. Students will learn and demonstrate whole brain teaching skills.





## Mindful Movement to Decrease Anxiety and Depression

Worldwide traumatic events have heightened anxiety, depression, phobias and physical distress. Prolonged stress becomes such a part of our personal biography, showing itself in subtle ways that can prevent us from living fully heightened lives. Join Claudia to explore how this distress shows in us, and three theories of how the right kind of movement may yield antidepressant effects as she shares three of her proven, simple strategies.

Course Objectives:

1. Learn to free troubling emotions, pervasive thought patterns, chronic tension, hypervigilance while building emotional muscle with social support.
2. Learn trauma sensitive mastery, dissociative and associative fitness techniques.
3. Learn and define psychological reflections of major body parts as they relate to Trauma Sensitive Fitness, CPTSD and PTSD.
4. Learn why meditation and visualization techniques may cause more distress than relaxation and how to offer alternatives.

## The New Cocktail Hour ~ Mixing Sound with Expressive Movement

In this unique, therapeutic movement workshop, we explore the healing properties of sound and expressive movement, studying Bioenergetics and Healing Sound Therapy or Toning methods. Participants unleash their creativity through movement and sound to release tensions in the body and stress in the mind.

Course Objectives:

1. Students will learn and define the effects of emotions on the physical body.
2. Students will learn and practice bioenergetic exercises based on the work of Dr Alexander Lowen and Healing Sounds or Toning.
3. Students will learn how to blend sound with movements and use appropriate breathing techniques, cues and timing.
4. Students will learn and demonstrate "Get Off My Back", "Magnificent & Powerful", "Road Rage", "Stomper," and other exercises based on Bioenergetics.

NOTE: All Presentations are 60-90 Minutes. Contact Claudia for details:

